Enough.

I cannot think of any other workplace in this country in which we condone the infantile behaviour we see all too often in the House of Commons, **writes Steve Rennie** metroNEWS

talk about fresh solutions
save on foods
Check out this week's Fresh Solution, Strawberry Loaf, on pages 6 and 7.
Feeling inspired? Pop into a local Save-On-Foods store to pick up the ingredients in one easy stop.

Vancouver metro

Unlikely comedic turn for Nice Guys
metroWEEKEND

Your essential daily news | WEEKEND, MAY 20-23, 2016

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'Direct threat to Vancouver'

PIPELINE EXPANSION

Kinder Morgan approval riles city mayor

Matt Kieltyka
Metro | Vancouver

The $6.8-billion Trans Mountain pipeline expansion is a "direct threat" to Vancouver after the National Energy Board recommended its approval Thursday, according to Mayor Gregor Robertson.

Robertson said he was disappointed but not surprised the federal regulator endorsed the controversial project, though it did insist on 157 conditions — many to address environmental concerns — in its recommendation to Ottawa.

But those conditions weren't enough to appease Vancouver's outspoken mayor.

"This project is a direct threat to Vancouver's successful economy and environment," he said. "We will advocate vigorously for the months ahead to the prime minister and his cabinet to make sure that they turn down the Kinder Morgan pipeline proposal."

An activist kayaks in front of an oil tanker in Burrard Inlet on Wednesday morning near the Westridge Marine Terminal in Burnaby. COURTESY DEVYN BRUGGE

In its decision, the board said the economic benefits of the project, which would increase oil tanker traffic in the Burrard Inlet seven-fold, outweigh the potential risks.

The board concluded the project presents significant benefits to Canada, including increased access to diverse markets for Canadian oil, thousands of construction jobs and hundreds of long-term jobs, development opportunities for indigenous and local communities and considerable government revenues.

But Robertson, echoing the concerns of many of the region's mayors and First Nations, remain critical of the NEB process and the ousted Stephen Harper Conservative government.

"They left out some of the most critical pieces of analysis that would lead to the proposal being dropped where it stands. It's laughable that the National Energy Board would say there is an economic benefit to Vancouver," he said. "None of us had any confidence in the process all along. The Harper government was effectively a proponent to the National Energy Board driving a yes outcome here."

Gregor Robertson JENNIFER GAUTHIER/METRO

Not everyone in B.C. was disappointed by the ruling.

"In principal, we support both the technical and environmental rigour of the process and believe the 157 conditions put forth by the NEB offer a comprehensive — yet realistic — standard of pipeline safety," the Greater Vancouver Board of Trade said in a statement. "Meeting these standards will protect the environmental, economic and community interests of all British Columbians."

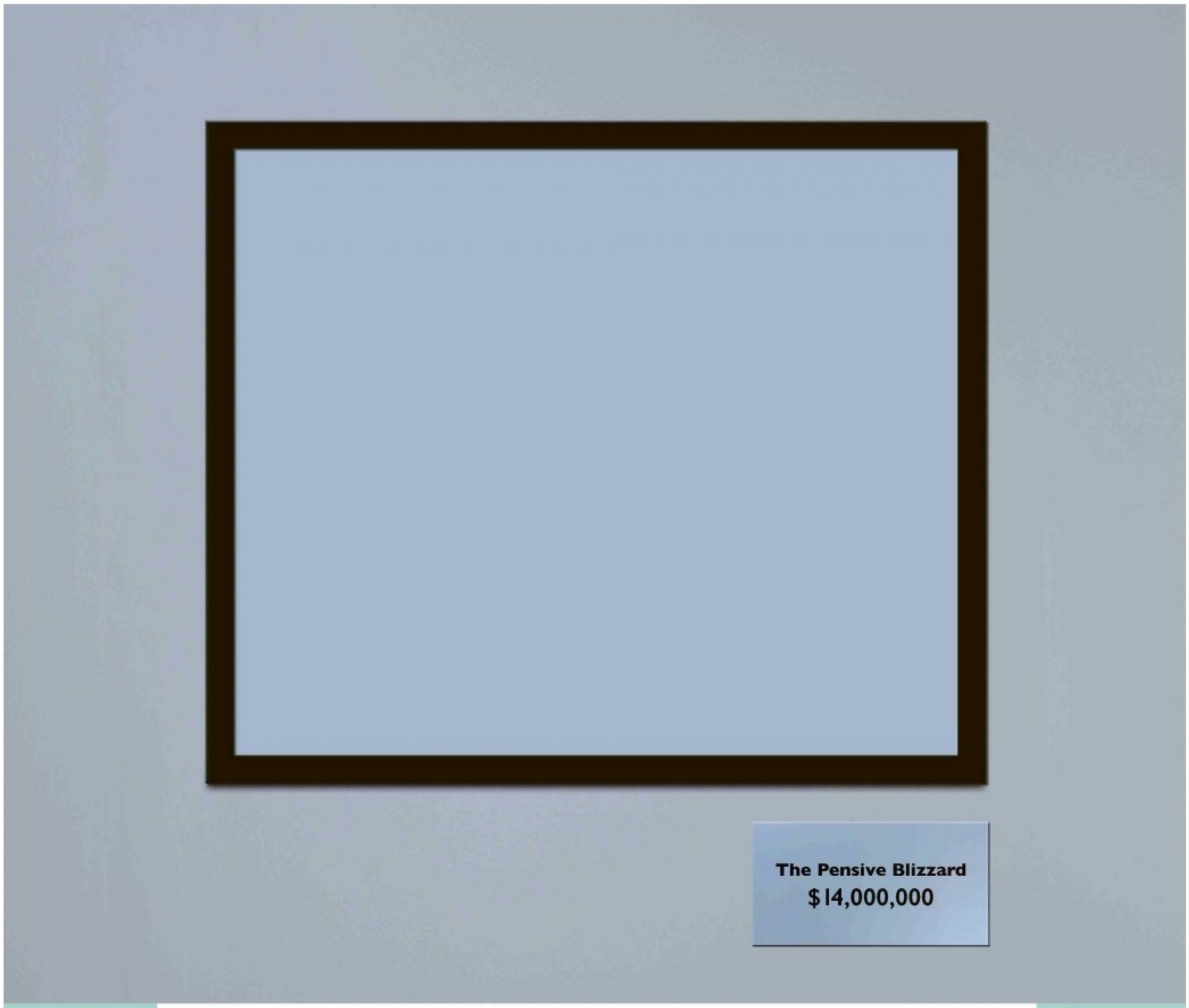
The provincial government opposed the project, as presented, in its final submissions to the NEB, citing the lack of cooperation on Kinder Morgan's part in releasing information during the hearings and the fact the project had yet to meet B.C.'s five conditions for approval.

The five conditions are: Successful completion of the environmental review process (including the NEB), world-leading marine oil spill response and prevention, world-leading land oil spill response and prevention, agreements with First Nations and ensuring B.C. gets a fair share of economic benefits from the project.

The province will need to carry out its own form of environmental assessment before the project gets final approval.

"A significant amount of work has already gone toward establishing and meeting the five conditions, but we are not yet in a position to consider support for any heavy-oil pipeline in B.C.," Environment Minister Mary Polak said Thursday.

WITH FILES FROM THE CANADIAN PRESS



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Terrorism suspected in plane crash that carried 66 people, including 2 Canadians. **World**

Young cancer patients get VR game they can call their own

FARMOOO

Surrey teen creates a fun and positive distraction

Thandi Fletcher
Metro | Vancouver

When Henry Lo was diagnosed with lymphoma in 2009, the Surrey teen spent long stretches of time in hospital undergoing chemotherapy treatment.

It was a painful time for Lo, then a Grade 11 student at Surrey's Fraser Heights Secondary School, who said he longed for an escape from the discomfort and boredom that came with being stuck in a hospital bed.

"I would try to distract myself by either reading a book, talking to a nurse or playing an Xbox game," Lo told Metro. "Having something busy to do helped me to focus less on my pain."

Now cancer-free, Lo wanted to develop a tool that could help other young people undergoing cancer treatment a distraction from the difficulty of being stuck in hospital.

Working with Janice Ng — a fellow recent graduate of Simon Fraser University's School of Interactive Arts and Technology who also spent time in hospital as a child — the pair have created a virtual reality game, called Farmooo.

Recent Simon Fraser University graduates Henry Lo, left, and Janice Ng, right, demonstrate Farmooo, a virtual reality game developed as a pain management tool for youth undergoing cancer treatment. Diane Gromala, centre, who directs SFU's Pain Studies Lab, supervised the pair. COURTESY SIMON FRASER UNIVERSITY

> **Having something busy to do helped me focus less on my pain.**
> Henry Lo

Inspired by popular games like Farmville and Gardening Mama, Lo said their game is tailored to the special needs of patients, allowing them to carry out physical tasks on a farm setting by using simple hand movements.

It's created for youth aged 12 to 18; he said the patients play the game while wearing virtual reality goggles.

The game is also run on a screen that plays at 70 frames-per-second to prevent players from feeling sick and dizzy, one of the side effects that some people report experiencing while playing virtual reality games.

SFU professor Diane Gromala, who directs the university's Pain Studies Lab and who also supervised Lo and Ng, said the game is the latest in the lab's efforts to develop virtual reality game that can serve as a pain management tool.

"The team wanted to do something that offers benefits and meaningful values for the game and VR industry," she said.

"As Henry learned firsthand, after harsh chemotherapy treatments, patients often experience pain and boredom when they are stuck in bed, where discomfort can be more extreme at a younger age."

While Farmooo is not yet available for purchase by the public, Lo and Ng are working with medical staff at B.C. Children's Hospital to start testing the game with patients later this spring.

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Ballerina performs again

COASTAL CITY BALLET

Accident last August had left dancer with brain injury

After a serious rollerblading accident, Argentinean ballerina Lucila Munaretto refused to accept what her doctors were telling her: that she might never dance again.

She recalls one surgeon attending her hospital bed to advise that she stop stretching and consider alternative options for her future.

"I was like, 'Nope, I need to stretch because this is my life. I need to do it,'" Munaretto, 21, said in a recent telephone interview.

Nine months after suffering brain and spine injuries, Munaretto is about to resume her ballet career. The young dancer will perform for about 45 minutes in a production of Swan Lake on Saturday in Vancouver.

"I'm happy, excited," she said, sounding close to tears. "I can't believe that I am going to be on stage again."

Lucila Munaretto, centre, rehearses for her first performance since suffering a brain injury, coma and spine injury at Coastal City Ballet in Vancouver on Thursday. DARRYL DYCK/THE CANADIAN PRESS

Katrina Bois, rehearsal director at Coastal City Ballet, said the dance company was devastated by Munaretto's hospitalization.

"We felt like something was missing," she said. "To have her back we feel whole again."

Munaretto was seriously injured in August 2015 while rollerblading on a steep road in North Vancouver. She missed a stop sign and slammed into a mini-van.

> **"I always kept in my mind: I will be able to be there again."**
> Lucila Munaretto

She was put into a medically induced coma in the neurological critical care unit. She suffered fractures to her pelvis, wrists and jaw. But only two weeks later, she was revived and practising dance moves in her bed.

By December, Munaretto was doing exercises by herself on the floor. She progressed to simple 10-minute classes, using the bar incrementally before working her way off it and eventually completing jumps.

Achieving one small goal at a time propelled her to the next, she said. A therapist told her she was recovering faster than anticipated.

"It's weird. Believe it or not, since I started to take class every day, all of my injuries are hurting less," Munaretto said. "The ballet itself has been my physiotherapy."

She grew stronger physically and that boosted her mood, she said. The better she felt, the easier it was to command her body.

Munaretto expects her first major performance to be a challenge, noting she still has dizzy spells and tremors. The left side of her body is also less responsive.

But she described the ordeal as a "blessing."

"Before the accident, I didn't know how to live. I was all the time rushing and worrying about everything," she said. "But now I'm enjoying every single second of my life." THE CANADIAN PRESS

IN BRIEF

Teenager charged with firearm offence in Vernon

Police say a 16-year-old boy has been charged after a loaded handgun was seized in connection with the drug trade in Vernon.

Staff Sgt. Lindsey Houghton of the Combined Forces Special Enforcement Unit says officers went to a home in connection with activity related to recent violence involving drugs.

He says they saw an individual believed to be associated to the current conflict getting into the passenger seat of a vehicle. Houghton says officers conducted a search, and the teen was taken into custody for possession of a loaded firearm without a licence.

Police say violence related to drugs has escalated in the north Okanagan city.

RCMP Supt. Jim McNamara says recent shootings have prompted Mounties to team up with the integrated agency that includes hundreds of officers across B.C.

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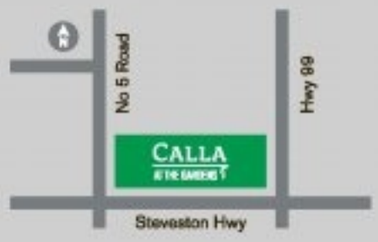

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VANCOUVERING

A children's doctor in Berlin injects a vaccine against measles, rubella, mumps and chicken pox. GETTY IMAGES

Pro-vaccine courses not for B.C.: Top doc

CAFÉ POLITICS

VAX DEBATE

David Ball
Metro | Vancouver

As Whistler battles a highly infectious mumps outbreak, some are calling for more drastic approaches to preventing contagious diseases from spreading.

An online petition to make vaccination mandatory — launched by an Alberta father whose infant has a weak immune system because of brain cancer — is nearing 1,600 signatures.

The idea has caught the attention of some west of the Rockies, too.

"I like Ontario, Manitoba (and) New Brunswick's model of mandatory vaccination, unless there is a medical reason they can't be," MLA Spencer Chandra Herbert told Metro on Twitter. In those provinces, parents opposed to vaccinating their kids can be exempted for ideological or religious reasons, but they must first sign an affidavit declaring their beliefs.

Ontario is proposing to go a step further: forcing such parents to attend an educational session led by health professionals before their children can be exempted.

But B.C.'s top physician said such an approach isn't in the cards on the West Coast.

"When you confront those people with facts or make them take a course, it actually solidifies their opinions," Dr. Perry Kendall, B.C.'s Provincial Health Officer, told Metro.

Kendall said that, contrary to some stereotypes, most parents who reject vaccines aren't uneducated or ignorant, and casting them that way doesn't help.

Ana Emery, a 49-year old Surrey mother of three, used to believe in vaccinations. Her oldest child received the recommended injections, but after her daughter developed "terrible allergies" and a "weak immune system," Emery heeded her naturopath's advice and decided not to immunize her younger two, whom she describes as rarely sick and quick to recover.

"It is clear to me vaccinations are not for us," she told Metro. "Pharmaceuticals and prescriptions are not the only way to treat illness or deficiencies."

Kendall says the best person to learn about vaccinations from is a trusted doctor or nurse.

"Instead of asking, 'Do you want to get your child vaccinated?' if the doctor says, 'Now is the time to get your child vaccinated,' it doesn't force parents to make a decision and makes it easier to say OK," he said.

"Clearly the physician is recommending it. If they have a question, they can ask it at that time instead of Googling it and finding an anti-vaxxer site."

FOOD NOTES

SUMMER SOUP'S TOO COOL FOR SCHOOL

Erin Ireland
Metro | Vancouver

Over the past few years, Vancouver's retail food industry has experienced an explosion of small-batch, locally made products — born out of passion, and often bearing an inherent guarantee of quality.

kitskitchen is one independently owned company that makes such things. Born in late 2014 and run by long-time friends and business partners Amy Kizaki and Joni Lind, kitskitchen is focused on contributing to the community with their offering of healthy soups and more.

They supply their four soups to 46 stores across the Lower Mainland. Their newest creation, chilled summer basil soup oh so ideal for a refreshing lunch on a hot summer day.

kitskitchen's chilled basil soup will refresh you. ERIN IRELAND/FOR METRO

Packed with greens (zucchini, spinach, basil and dill), this antioxidant-rich soup is made creamy by a touch of light coconut milk and brightened with garlic and lemon. I enjoy it on its own or served over zucchini noodles (pictured).

You can find it at The Juicery & Co., Victoria's Health, Nectar and Body Energy Clubs. Stay tuned for more retailers and soup flavours.

with icons by **Danielle Vallée** from the noun project

New agriculture taking root in Van

VANCOUVER TRENDING

Amy Logan
For Metro | Vancouver

Vancouver is experiencing an urban farming renaissance.

Marcela Crowe, executive director of the Vancouver Urban Farming Society, says that as of 2013, Vancouver had 14 urban farms. Unlike urban agriculture, urban farming involves the "sale of food for profit," Crowe says. Vancouver has a wide range of farms, the largest being Sole Food at four acres.

Besides Vancouver's long growing season and characteristic focus on sustainability, the city's efforts to promote local agriculture may account for the boom in urban farming. Vancouver aims to increase city-wide and neighbourhood food assets by 50 per cent over 2010 levels as part of its Greenest City initiative.

UBC Farm has a heritage orchard, a variety of crops, free-range chickens and honey-

> **Vancouverites want to be engaged with each other.**
> Mark Schutzbank, director, Fresh Roots

URBAN FARMING

bees, as well as a farmers' market. "Learning to grow food is one way to expand food literacy in the city," says Hannah Wittman, academic director for sustainable food systems. "Lots of farmland is protected around the edges of our city, maintaining our ability to support peri-urban food production systems."

Fresh Roots aims to help schools through the process of growing food. According to director Mark Schutzbank, the organization works toward its vision by developing programs that "catalyze ecological stewardship, healthy eating, and community celebration."

Schutzbank believes that urban farming is catching on because "Vancouverites want to be engaged with each other, and gardening is a great way to connect with neighbours."

Fresh Roots' summer program SOYL, for instance, teaches youth to grow and cook healthy meals for themselves and those in need. Students also sell the food at local farmers markets. Through gardening, they learn about traditional subjects — science by way of the nitrogen cycle; math by way of garden-growth models.

Overall, Vancouverites are embracing urban farming because "there's an enthusiasm, a sense of resilience and civic engagement," Crowe says.

School kids visit a Fresh Roots garden. CONTRIBUTED

talk about **fresh solutions**

Strawberry Loaf

Prep Time: 15 minutes | Cook Time: 50 to 60 minutes | Makes 8 Servings

Ingredients

1 tsp (5 mL) butter (to grease pan)

1 lb. (16 oz.) fresh strawberries, rinsed, hulled and quartered

1-3/4 cups (425 mL) **Robin Hood all-purpose flour**

1 tsp (5 mL) baking soda

¼ tsp (2 mL) baking powder

½ tsp (3 mL) cinnamon

¼ tsp (2 mL) salt

¼ cup (75 mL) butter, softened

1 cup (250 mL) sugar

2 large eggs

1/3 cup (75 mL) water

Optional: Western Family Cream Cheese for serving

Directions

1. Preheat oven at 350°F (180°C). Grease an 8-by-4 inch loaf pan.
2. In a small saucepan, mash strawberries and bring them to a simmer. Cook for 1 minute and set aside.
3. In a medium bowl, whisk together flour, baking soda, baking powder, cinnamon and salt. Then, in a stand or electric mixer, cream butter, sugar and eggs together until light and fluffy. Add flour alternately with 1/3 cup of water and fold in strawberries.
4. Scrape batter into prepared loaf pan, smoothing the top. Bake for 50-60 minutes or until a toothpick comes out clean.

Note: If the loaf is getting too brown after 45 minutes, tent it with foil for the last 15 minutes of baking.

5. Cool in pan for 10 minutes. Run a knife around the edges to loosen and invert onto a rack to cool completely. Serve with cream cheese.

Tip: Try mixing in banana to make a strawberry banana bread.

save on foods

VANCOUVERING

with icons by **Danielle Vallée** from the noun project

Vitamin therapy in a whole different vein

New mobile service brings medical-grade nutrient treatment directly to those seeking a boost

HEALTHY OBSESSION

Thandi Fletcher
Metro | Vancouver

Naturopathic doctor Heidi Rootes places an IV drip on Maricar Sarmiento in the IV Wellness Boutique's 'IV to go' mobile lounge on Homer Street in Yaletown. JENNIFER GAUTHIER/FOR METRO

MAINLINING WELLNESS

If you're having trouble reading this because your head is pounding from one too many drinks last night, help could be just a phone call away.

The IV Wellness Boutique on Homer Street in Yaletown has just launched the "IV to go" mobile lounge — a customized purple ambulance that brings medical professionals straight to a customer's home, office or special event to administer a cocktail of vitamins, minerals and amino acids through an intravenous drip.

Naturopathic doctor Heidi Rootes, co-owner of the IV Wellness Boutique, says the mobile service is proving to be a hit with stags and stagettes, which makes sense considering IV vitamin therapy is commonly used as a quick hangover cure.

"We do have a lot of people who have indulged the night before and are quite dehydrated," she says, adding with a laugh: "We're not encouraging people to go out, but we definitely can help them recover."

While the so-called vitamin drips are popular among people looking for a post-party (albeit pricey) pick-me-up, Rootes says IV therapy, which starts at $125 a drip, offers more than just hydration.

Rootes claims IV vitamins can also help treat a variety of medical conditions, including fatigue, anxiety and depression, and can help support weight loss and boost immunity — all benefits that she says can't be achieved as effectively through vitamin pills.

When customers arrive at IV Wellness Boutique or the mobile lounge, Rootes says, they undergo a full assessment by a physician to determine which vitamins and nutrients their body might be lacking.

Patients then sit back in a reclining chair while they are hooked up to a drip by a trained professional who follows a strict infection-control protocol. While they receive their intravenous vitamins, they can choose to either relax or watch a movie.

"Any patient that we see is treated medically as a patient," she says. "Someone can come in and say, 'I want this,' but if what they need is something else, the doctor will put together the right combination of vitamins, minerals and amino acids."

Although critics argue there is little scientific evidence proving that IV therapy does anything to improve the health of people who don't have true vitamin deficiencies, Rootes says the therapy is not that different from the process used to administer vitamins and medicine to patients in hospital.

"There's always people out there that are going to question it," she says. "But I've seen firsthand the value of it."

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Outdoor pools open for business

RECREATION

Second Beach, Kitsilano and New Brighton open Saturday

Matt Kieltyka
Metro | Vancouver

The pool at Kitsilano Beach Park. JENNIFER GAUTHIER/METRO

The Vancouver park board is opening a sure sign of summer this Victoria Day weekend.

Starting Saturday, the heated outdoor pools at Kitsilano Beach Park, Second Beach at Stanley Park and New Brighton Park will be officially open for the season.

The weekend also marks full summer staffing levels for park rangers and lifeguard patrols throughout the city's 11 supervised bathing beaches.

In a statement released Thursday, park board chair Sarah Kirby-Yung said the outdoor pools are cherished by residents and that swimmers often line-up to be the first to take a dip.

Operating hours can be found on the park board's website. Hillcrest Centre's outdoor pool also opens this weekend, while Maple Grove Pool in Kerrisdale won't be open until Saturday, June 18.

The park board said it is installing wind breaks at the pools at Kitsilano Beach, Second Beach and, for the first time, Hillcrest Centre this year to keep heating costs and carbon footprints low.

Last year, the windbreaks reduced greenhouse gases by 220 metric tonnes at outdoor pool, the equivalent of 46 cars on city streets, it said.

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Schools get $45M for repairs

EDUCATION

Critic, parents still worried over closures, overcrowding

Education Minister Mike Bernier has announced a $45-million fix-it fund for schools across British Columbia, but the New Democrats say that does nothing to ease the fears of thousands of parents concerned about school closures and overcrowding.

Bernier said Thursday the money will cover upgrades at 124 schools and involves heating, roof, window, mechanical, electrical and safety repairs.

He said he is aware some school districts are dealing with difficult decisions as they consider closing schools due to low enrolment.

"I understand the emotions that are raised by parents when school districts, because of declining enrolment, are having to look at closing schools or modifying their budgets," Bernier said. "Realistically, that makes for some tough decisions."

Chairs are seen on top of desks in a physics lab at McGee Secondary school.
JONATHAN HAYWARD/THE CANADIAN PRESS

The school board in the south Okanagan community of Osoyoos voted recently to close the only high school in town. Schools in nearby Penticton and Summerland, as well as two elementary schools in the Vancouver Island community of Campbell River have also been shuttered.

> **"I understand the emotions that are raised by parents ..."**
> Mike Bernier

School boards in Prince George, Armstrong and Quesnel managed to avert school closures this year after confronting budget issues.

Bernier said he will be in the Surrey school district Friday after meeting with parents and hearing that new schools are needed because overcrowding is a major issue. He said he will be touring a school, but would not provide details about any announcements.

Surrey parent Cindy Dalgliesh said Bernier was told that too many students are in portables instead of classrooms. She said parents are worried that overcrowding contributes to loss of student attachment to school culture and raises the possibility they will join gangs.

NDP education critic Rob Fleming said he was told one Surrey school was built for 1,200 students but that 2,000 students are currently enrolled there. He said students attend school in shifts, with half going in the mornings and the rest in the afternoon.

"The kids who are in the first shift can not get after-school help in math, science or wherever else they want to improve their performance," he said. "The teachers are occupied with the second shift."

Fleming said the province's failed education funding policies will come back to haunt the governing party in next year's election.

THE CANADIAN PRESS

ENERGY

Minister applauds Hawaii LNG agreement

Energy company Fortis Inc. has signed an agreement to provide liquefied natural gas from British Columbia to the Hawaiian Islands.

B.C.'s minister of natural gas development Rich Coleman says the agreement between Fortis and Hawaiian Electric Company is one of the first to export LNG from this province.

A news release from Fortis says the 20-year agreement is still subject to regulatory approvals in B.C. and Hawaii, but could see 800,000 metric tons of LNG shipped from FortisBC's LNG facility in Delta to Hawaii, starting in 2021.

Coleman says the arrangement showcases British Columbia's capacity to supply clean energy to new markets.

The ministry says B.C. liquefied natural gas will allow Hawaiian Electric to decrease reliance on imported oil, cut greenhouse gas emissions and begin the switch to 100 per cent renewable energy.

THE CANADIAN PRESS

TILRAY

Marijuana Airstream to hit the road for weed tour

David Ball
Metro | Vancouver

When one of the province's largest medical marijuana growers hits Metro Vancouver in its newly refurbished silver bullet trailer next month, some weed enthusiasts might be disappointed to learn the local food truck obsession hasn't yet extended to pot.

Canada isn't quite at that point yet, said the vice president of patient research for Tilray — the Nanaimo company behind an upcoming national tour starting June 6.

"We've kitted out the Airstream as a funky but functional medical clinic," Philippe Lucas told Metro.

Although visitors to the mobile clinic can't buy pot directly, doctors will be on board at some stops to assess whether they qualify for a pot prescription, or to book an appointment with a local physician.

Those who meet the medical requirements can then order Tilray pot by mail, or from a local dispensary.

Many Canadians use marijuana for chronic pain, while others use it for anxiety, insomnia or depression.

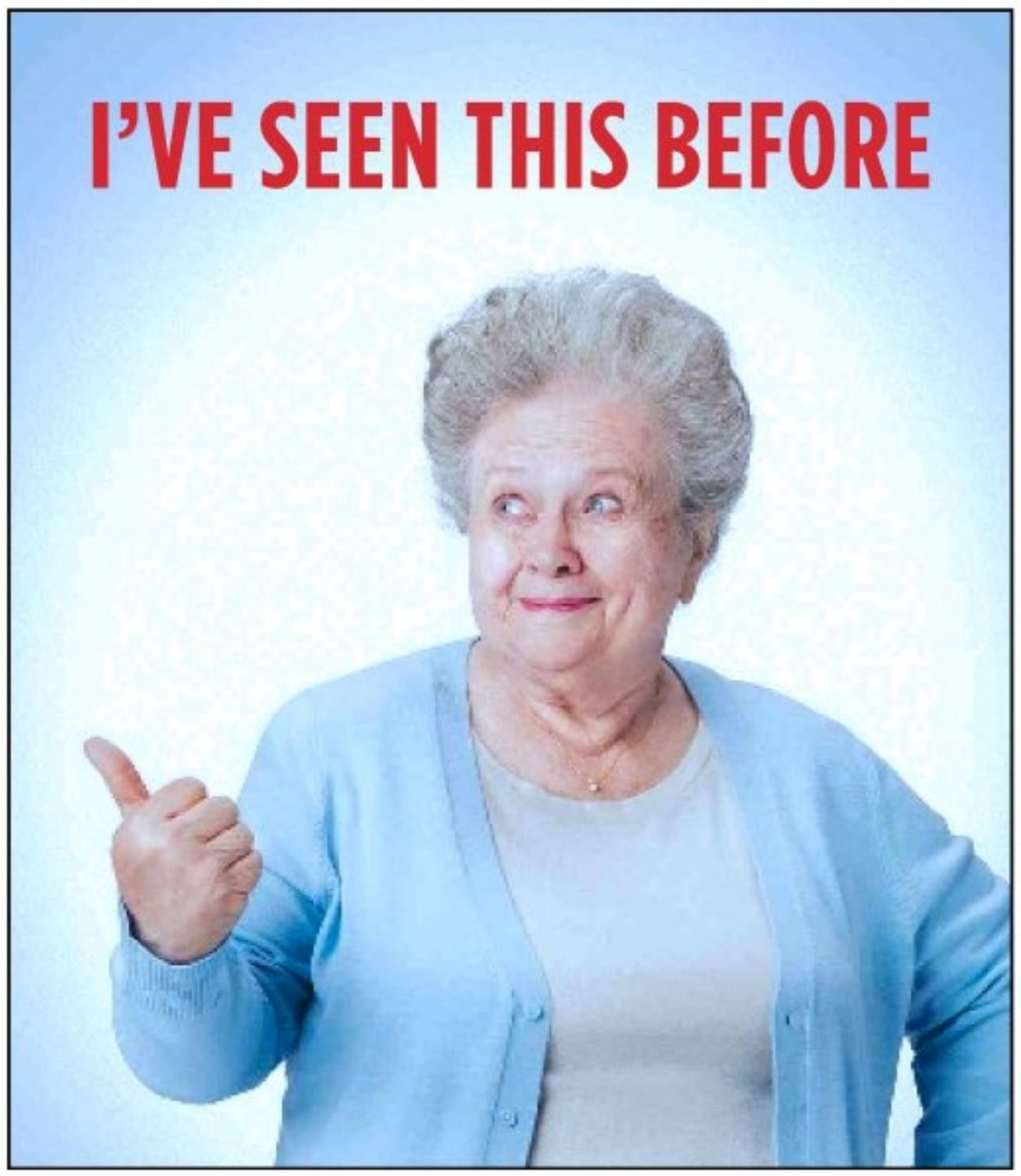
Lucas said the aim of the high-visibility clinic is to "draw a bit more attention to this issue, so people don't have to struggle to find us when we're in town," and ultimately "so patients can have this as an option for accessing medical marijuana."

With the federal Liberals not set to legalizing the drug until next spring, a food cart-style dispensary isn't something potheads can count on seeing anytime soon.

"It's too early to tell what changes in the law will bring," Lucas said.

"It's a big question mark what will happen to the medical marijuana program."

The mobile marijuana clinic being launched June 6 on a cross-country tour by Nanaimo-based Tilray will travel throughout the Lower Mainland from June 11-15. COURTESY OF TILRAY



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Tank-top saga may go to court

HUMAN RIGHTS

Gym says that outfit was not as modest as woman claims

Joe Lofaro
Metro | Ottawa

The tank-top tiff could be headed for the courts.

Jenna Vecchio, the Ottawa woman whose gym told her that her breasts were too large for her tank top, says she is now exploring her legal options.

The trouble began last weekend when a female staff member at the Orleans Movati told Vecchio her outfit was making other gym-goers uncomfortable. She was told she could come back and finish her workout — as long as she wore a T-shirt.

Vecchio wrote about her experience on Facebook and posted a photo of what she was wearing. That post quickly went viral.

The episode has since garnered worldwide attention, with media outlets such as Cosmopolitan and the New York Daily News in the United States to The Mirror and The Independent in the United Kingdom picking up her story.

Movati says it looked into the matter and stands by its actions. The gym also raised questions about Vecchio's outfit that day.

"While it may not have been intentional, Ms. Vecchio's attire was not as modest as she has suggested via the images she shared recently on Facebook and through media interviews, and caused multiple members to feel uncomfortable and voice their concerns to our staff," Movati said in a statement.

"Following Ms. Vecchio's own social media postings on this matter, we conducted a thorough investigation which included first-hand accounts from members and other staff, and a follow-up meeting with Jenna herself, who seemed to leave the facility feeling as though she had expressed her position. Upon conclusion of our interviews, we stand by the original decision that confirms that Ms. Vecchio was dressed inconsistently with our code of conduct."

Vecchio now says she plans to meet with an Ottawa human-rights lawyer in the next few days to explore her options.

She says she is further offended and humiliated by the gym's claim that her clothes were "not as modest" as she claims. She also disputes that she was wearing her tank top any differently than in her Facebook photo.

> However they say that top looked on me to them, it's still their personal opinion and it's still body shaming.
> Jenna Vecchio

Jenna Vecchio says she was wearing this same outfit to the gym last Saturday when Movati staff told her that her breasts were too large for the tank top. JOE LOFARO/METRO

SYRIAN REFUGEES

Domestic abuse in spotlight

The Arab Community Centre of Toronto says that, on average, at least one Syrian woman a week is disclosing to them they are a victim of domestic violence.

"This is not something that is prevalent within this particular group, it is prevalent within all refugee and newcomer populations," Huda Bukhari, the centre's executive director, said Wednesday. "But because this particular group has come in all at once, then we see a lot more."

Close to $1 billion in federal funds has been set aside for the Syrian refugee program, although a breakdown of how it's being spent hasn't been released. Most is being put towards settlement services, including providing for additional staff for the increased caseloads.

But helping families deal with and prevent abuse requires a specialized approach, Bukhari said Wednesday as she appealed to a House of Commons committee for funds targeted directly at the issue.

THE CANADIAN PRESS

INTERNATIONAL DEVELOPMENT

Mining projects to get close look: Bibeau

The international development minister says she wants to see what more can be done to help indigenous people who are affected by Canadian mining operations abroad.

Marie-Claude Bibeau says that is one potential change in Canada's foreign aid policy as she embarks on a sweeping review of the country's international development assistance.

Bibeau announced the terms of wide-ranging public consultations on revamping aid policy this week, as the Trudeau government faced international pressure to boost overall aid spending to meet a UN target.

Bibeau stressed the need to help women and girls — a "feminist approach," she called it — as well as recognizing the need to help failing and fragile states and deal with the impact of climate change.

She also plans to take a closer look at so called public-private partnerships that have seen aid dollars spent in conjunction with resource companies.

The previous Conservative government pushed these partnerships over the protests of many non-governmental organizations, while some Canadian companies have periodically faced accusations of riding roughshod over the rights of local indigenous people in developing countries.

Natural resource exploitation is important for the economic growth of many developing countries, Bibeau explained Thursday.

But she said she plans to review the preliminary reports on the five pilot projects involving Canadian resource companies in aid partnerships.

"We have a role to play ... let's say to protect mining workers and to have these companies have the best positive impact in their communities."

The Conservatives were also accused of linking Canada's trade ambitions too closely with its aid policy. Bibeau said helping the poorest of the poor — her mandate — is separate from that of her colleague, International Trade Minister Chrystia Freeland, which is to foster Canadian business and investment opportunities abroad, but those two interests are not mutually exclusive.

THE CANADIAN PRESS

25

The review will examine the 25 countries of focus where the majority of Canada's development spending is targeted.

IN BRIEF

Conrad Black fights liens for unpaid taxes

Conrad Black is fighting two liens that have been placed on his Toronto mansion that claim he owes more than $15 million in unpaid taxes.

The former media mogul filed a notice of application Wednesday with the Federal Court for a judicial review of the liens.

The liens were filed against Black's home on May 6 and May 10, alleging that he owes taxes from 2002, 2003 and 2008.

THE CANADIAN PRESS

Ontario man charged after waking up in wrong house in New York: Police

An 18-year-old Ontario man has been charged after police say he woke up naked in a stranger's home in upstate New York.

Chief Gordon Dibble of the Genesee County Sheriff's Office says the man was in town for a lacrosse tournament when he was found by a homeowner around 5:30 a.m. on Monday in Stafford, N.Y.

Dibble says alcohol was involved and the man was apparently confused.

THE CANADIAN PRESS

Justin Trudeau has an altercation with Thomas Mulcair in the House of Commons on Wednesday. SCREENGRAB

Wildly inappropriate

PM's actions reveals level of arrogance and narcissism

Steve Rennie
Metro | Ottawa

Day in and day out, our elected leaders make a mockery of democracy with the lack of respect they show each other when they resort to heckling, name-calling and — now — knocking and grabbing. It is embarrassing, and it is shameful.

Anyone who has the misfortune of following politics for a living could have told you tensions on Parliament Hill have been running high these past few weeks. Those tensions boiled over late Wednesday afternoon when Prime Minister Justin Trudeau took it upon himself to grab Conservative whip Gord Brown's arm and forcibly drag him through a crowd of New Democrat MPs, knocking into Ruth Ellen Brosseau in the process.

I want to pause here to make an observation on what this altercation revealed to me about our prime minister's character. It takes a certain level of arrogance, and not a little narcissism, for Trudeau to decide that he would have to personally interject himself and literally drag Brown down the aisle when he saw the Opposition whip's path was being blocked. That he apparently told the New Democrat MPs to "get the f–k out of my way" suggests he saw them not as human beings, but as annoying obstacles standing in his way. These things do not reflect well on the leader of our country.

But this episode unfolded all-too-predictably when the New Democrats and Conservatives once again overplayed the outrage card. We had the NDP's Niki Ashton calling the experience "deeply traumatic" and suggesting young female MPs might not feel safe coming to work. Conservative Jason Kenney piled on, characterizing Trudeau's conduct as "increasingly dictatorial" and calling him a bully. I am not defending Trudeau's actions. They were blockheaded and wildly inappropriate. And I am not discounting the range of emotions that MPs may have felt when the prime minister briskly strode across the aisle and grabbed Brown by the arm. But the opposition parties were laying it on ridiculously thick.

I wonder what was going through former prime minister Stephen Harper's mind as he watched the whole ugly scene unfold with a bemused look on his face? Critics used words like nasty, mean-spirited and vindictive to describe his Conservative government. Say what you will about Harper (and you could say a lot of things, both good and bad), but he never would have pulled a dumb stunt like this.

Trudeau's Liberals won the last election in part because they realized people were sick of the pettiness and ugliness that we often saw during the Harper years. They promised us "sunny ways" and a more conciliatory approach. Here we are, not even a year in, and things are as bad as they ever were. There is no better time than now to have an adult conversation about doing something — anything — to fix this broken way of doing politics. Trudeau was a schoolteacher in an earlier life. He ought to make this a teachable moment. Starting with himself.

THE EVENTS LEADING UP TO #ELBOWGATE

Prime Minister Justin Trudeau's latest MP-grabbing, MP-elbowing incident is the culmination of a series of heated exchanges in the House of Commons. Here is what led to #elbowgate on Wednesday night.

Lucy Scholey
Metro | Ottawa

APRIL 14: The Liberal government tabled the long-awaited Bill C-14, the assisted suicide legislation, in the House of Commons.

MAY 4: Opposition MPs accused the Liberals of stomping on their rights, after the government shortens debate on the assisted dying bill to meet a Supreme Court of Canada deadline on June 6. The opposition argued for more debate time.

MAY 4: During a press conference, the prime minister accused opposition members of stalling electoral reform. But Trudeau apologized the next day, after Conservative MP Scott Reid said the story was "invented and patently false."

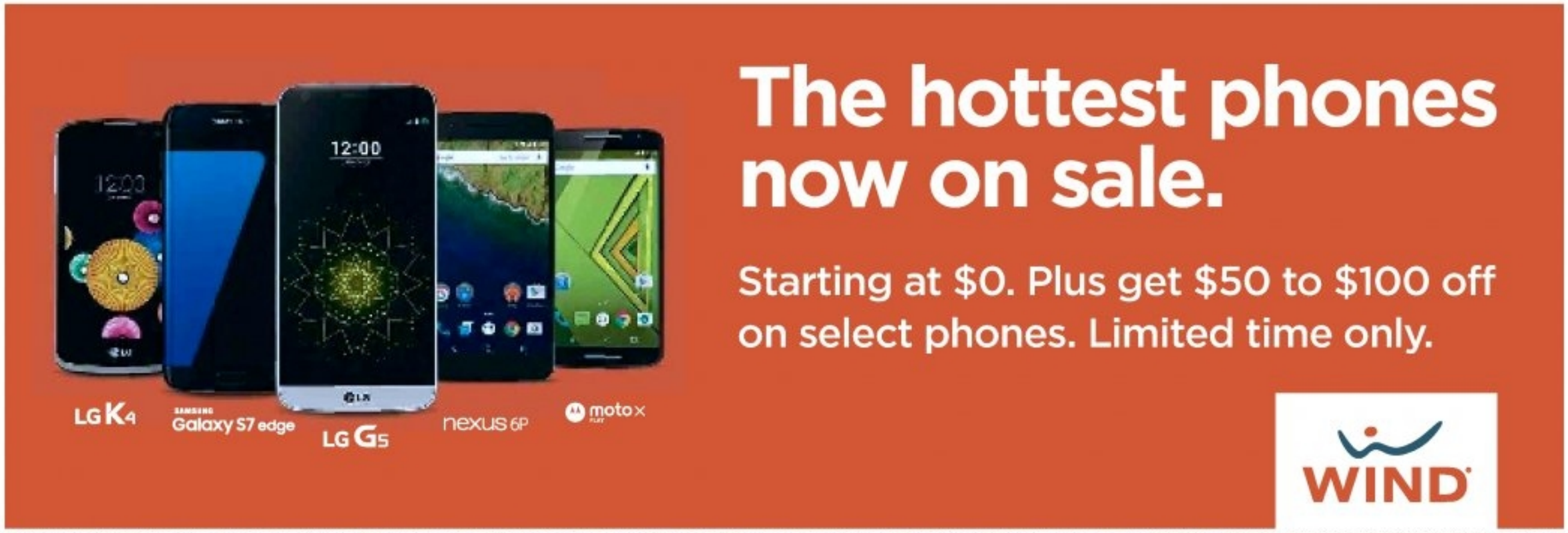
MAY 5: Conservative MP Blake Richards accused Prime Minister Trudeau of sticking out his tongue in the House of Commons during question period. The alleged tongue thrust allegedly occurred following a fellow Conservative MP's question about infrastructure funding. So far, there's no footage of this ever happening.

MAY 16: Opposition MPs surprised the Liberals with a vote on the government's Air Canada legislation. There were not enough Liberals in the house at the time of the vote (the NDP was expected to move motions on the bill, but then didn't), so the speaker had to break a tie. After it narrowly passed, some Liberals accused the opposition of pulling a "procedural stunt."

MAY 18: Liberal House Leader Dominic LeBlanc tables "Motion 6," which would give the prime minister and cabinet power over parliamentary proceedings. Conservative House Leader Andrew Scheer called the move undemocratic.

MAY 18: NDP MPs stood in the path of Gord Brown before a vote on the assisted dying bill. Trudeau walked across the room, grabbed Brown and walked him to his seat. In doing so, he elbowed NDP MP Ruth Ellen Brosseau. The prime minister crossed the floor, where he and NDP Leader Tom Mulcair engaged in a shouting match. Trudeau later apologized three times.

MAY 19: It was decided that #elbowgate will be reviewed by an all-party committee. The Liberals also withdrew Motion 6.



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Terror suspected in crash

CAIRO, EGYPT

Plane vanished from radar at 2:45 a.m., officials say

An EgyptAir jetliner en route from Paris to Cairo with 66 people aboard swerved wildly in flight and crashed in the Mediterranean Sea early Thursday, authorities said.

The Canadian government says two Canadian citizens were among the passengers. Foreign Affairs Minister Stephane Dion says officials are working closely with authorities to confirm whether there were any additional Canadians on board.

Egyptian and Russian officials said it may have been brought down by terrorists.

There were no signs of survivors.

EgyptAir Flight 804, an Airbus A320 with 56 passengers and 10 crew members, went down about halfway between the Greek island of Crete and Egypt's coastline, or around 175 miles offshore, after takeoff from Charles de Gaulle Airport, authorities said.

Relatives of passengers on an EgyptAir flight that crashed grieve as they leave the in-flight service building where they were held at Cairo International Airport, Egypt. Aviation officials say a search is underway for the plane's debris. THE ASSOCIATED PRESS

Greek Defence Minister Panos Kammenos said the plane spun all the way around and suddenly lost altitude just before vanishing from radar screens around 2:45 a.m. Cairo time (12:45 a.m. GMT).

He said it made a 90-degree left turn, then a full 360-degree turn to the right, plummeting from 38,000 to 15,000 feet. It disappeared at about 10,000 feet, he said. There were no reports of stormy weather at the time.

Egyptian and Greek authorities in ships and planes searched the suspected crash area throughout the day for traces of the airliner or its victims, with more help on the way from the U.S., Britain and France.

But as night fell, they had yet to find any confirmed debris, at one point dismissing a reported sighting of life vests and other floating material.

Civil Aviation Minister Sherif Fathi cautioned that the disaster was still under investigation but said the possibility it was a terror attack "is higher than the possibility of having a technical failure."

There was no immediate claim from militants that they had downed the plane. If it was terrorism, it would be the second deadly attack involving Egypt's aviation industry in seven months.

THE ASSOCIATED PRESS

+ CANADIANS

Two Canadians were aboard Flight MS804E, according to Foreign Affairs Minister Stéphane Dion said in a statement.

"On behalf of the Government of Canada and all Canadians, our thoughts are with the families and loved ones of the victims," Dion wrote the statement.

The airline earlier said that Marwa Hamdy was the lone Canadian on board.

TORSTAR NEWS SERVICE

FLIGHT 804

Trump quick to react

Donald Trump was quick to brand the crash of an EgyptAir flight as "terrorism," while the airline urged the media to refrain from speculating about the cause of the crash.

"Looks like yet another terrorist attack," Trump tweeted early Thursday morning. "Airplane departed from Paris. When will we get tough, smart and vigilant? Great hate and sickness!"

At the time Trump's comments were tweeted out, there had not been any evidence presented that Flight 804 had been targeted by terrorists.

The flight was heading from Paris to Cairo with 66 passengers and vanished after entering Egyptian airspace.

The crash received blanket coverage in France, where terrorism is a sensitive topic.

French media reported that the country's president, Francois Hollande, held an emergency meeting on Thursday.

TORSTAR NEWS SERVICE

SPACE

Chronicling a Martian event

Last week, Mercury stole the show. Now it's Mars' turn.

On Sunday morning, Mars, Earth and the sun will line up perfectly in the sky. This once-every-two-years event is called Mars opposition. That's because Mars and the sun will be on opposite sides of Earth.

Right now, Mars is about 48 million miles from us, coming ever closer until May 30, when the red planet passes within 46.8 million miles. That will be Mars' closest approach in 10-1/2 years. In 2018, Mars will get a lot chummier, passing within a mere 36 million miles.

The modern-day record of 34.6 million miles between Earth and Mars was set in 2003. That won't be surpassed until the year 2287, according to NASA.

At the other end of the scale, Earth and Mars can be as much as 249 million miles apart when they wind up on opposite sides of the sun every couple years.

May is proving a busy month for stargazers.

On May 9, Mercury passed between Earth and the sun, resembling a black dot against our vast, bright star. THE ASSOCIATED PRESS

This 2003 NASA image shows Mars as it lines up with the sun and Earth. THE ASSOCIATED PRESS

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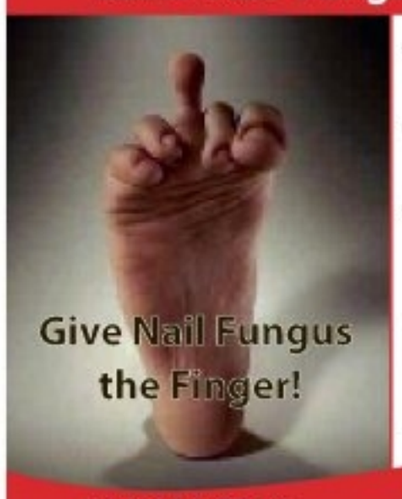

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TRAFFICKING VULNERABLE MIGRANT GROUPS TARGETED Afghan refugee children play outside a tent in a refugee camp in Malakasa, Greece. The European Union says traffickers are taking advantage of Europe's migrant crisis to target certain types of people, often for sexual exploitation, with children and Nigerian girls and women among the most vulnerable. GETTY IMAGES/ THE ASSOCIATED PRESS

First girl to escape Boko Haram fêted

BRING BACK OUR GIRLS

Celebration in Nigeria renews push to save remaining 218

The first Chibok teenager to escape from Boko Haram's Sambisa Forest stronghold was flown to Abuja on Thursday and met with Nigeria's president, even as her freedom adds pressure on the government to do more to rescue 218 other missing girls.

The 19-year-old, who was 17 when she was kidnapped, was shielded from journalists when she arrived at the presidential villa, with her mother carrying her 4-month-old baby. The group was shown into President Muhammadu Buhari's office for a private meeting that lasted an hour.

"Of course she has to go through counselling and she has to return to school," Kaduna state Gov. Nasir el-Rufai told reporters at the presidential residence. "We are grateful to the almighty God that one of the Chibok girls is safe and sound, (though) traumatized."

The Bring Back Our Girls movement called a rally Thursday evening to celebrate. The movement, which inspired a worldwide social media campaign using the hashtag #BringBackOurGirls has met faithfully every week to demand the government act more aggressively to rescue the Chibok girls.

Joy and renewed hope have met the discovery Tuesday of the young woman. But aid workers said the young woman should be getting medical care instead of making public appearances.

"It is an outrage!" Francisca Vigaud-Walsh, women and girls' advocate at Refugees International told The Associated Press. THE ASSOCIATED PRESS

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BlueShore FINANCIAL

Saltwater Brewery in Florida claims its edible, biodegradable and compostable six-pack ring for its beer is the first-ever product of its kind. YOUTUBE.COM

Edible six-pack ring saves sea life

INNOVATION

Product made of barley, wheat left over after brewing

A Florida microbrewery has created an edible six-pack ring to help prevent harm to local marine life by feeding ocean critters.

Saltwater Brewery, based in Delray Beach, Fl., commissioned the design of a biodegradable, compostable and edible six-pack ring made of barley and wheat left over from the brewing process.

The brewery claims it is the first-ever product of its kind.

Around the globe, 100 million sea birds and 100,000 sea mammals and marine turtles are trapped by six-pack rings each year, said marine biologist Mark Tokulka in a promotional video for the new product.

Even cut-up plastic rings can hurt marine life, by being eaten and getting lodged in their stomachs. The Saltwater Brewery rings, however, can be digested safely, the brewery says.

The rings are as durable as the plastic variety.

But they are a little more expensive.

"It's a big investment for a small brewery created by fishermen and surfers and people who love the sea," said Peter Agardy, head of branding for the company, in the video.

The brewery hopes that its competitors will adopt the technology, which will drive the price of manufacturing down. "We hope to influence the big guys," said company president Chris Goves in the video. "And kind of inspire them to get on board."

TORSTAR NEWS SERVICE

> It's a big investment for a small brewery created by fishermen and surfers and people who love the sea. Peter Agardy

RANDOM DRUG TESTS

Ruling against Suncor quashed

Oilsands giant Suncor Energy has won the latest round in its push to randomly test thousands of workers for drugs and alcohol in northern Alberta.

A Court of Queen's Bench judge has quashed a 2014 arbitration panel ruling that determined the plan would violate the privacy of union workers represented by Unifor.

Justice Blair Nixon said the panel should have considered evidence about alcohol and drug incidents involving all workers at Suncor, including non-union contract employees.

"By focusing only on the bargaining unit, the majority (of the panel) expressly excluded consideration of relevant evidence," Nixon wrote.

"The majority ignored evidence pertaining to some two-thirds of the individuals working in the oilsands operation."

Nixon said a new arbitration panel should review the company's random testing plan.

Suncor had presented evidence of 2,276 drug and alcohol "security incidents" recorded between 2004 and 2013.

Unifor, which has been challenging the random drug testing proposal, took the position that only 12 of the incidents involved union members.

THE CANADIAN PRESS

metro VIEWS
Your essential daily news
Weekend, May 20-23, 2016

RETRO SOUND
A horn invented 2,000 years ago in Ireland is still used in Indian folk music – further evidence of an international Iron Age jam band.

DECODED International Space Station

HAPPY 100,000 ORBITS, ISS!

It's too many candles to fit on a cake, but the International Space Station has reached a cosmic milestone: On May 16, it marked **100,000 trips around the sun** since its launch in November 1998. The 16-country, $100-billion collaborative science lab in the sky is a feat of modern science and engineering. But how much do you know about the International Space Station? **Test your knowledge.**

SPACE STATION STATS

Length
As long as one and one-fifth of a hockey rink (73 metres)

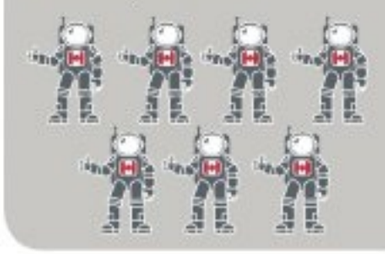
Speed
Fast enough to fly across Canada in 12 minutes (28,000 kilometres/hour)

Weight
As heavy as 600 large moose (408,000 kilograms)

WHAT HAPPENS TO YOUR PEE ON THE SPACE STATION?
It's drunk by one of your crewmates (purified, of course!). Canadians use 250 L of water each per day on Earth, but astronauts scrimp, taking sponge baths and using a toilet that flushes with air. **93% of water onboard the ISS is recycled** using a high-tech spinning distiller. That includes astronauts' sweat and the bodily waste of the station's large colony of lab mice. Yummy!

COMING SOON (TO SPACE) IN NOV. 2018

David Saint-Jacques will be the eighth Canadian to board the International Space Station, for a six-month mission. Saint-Jacques is an engineer, medical doctor **and** Ph.D. astrophysicist. You'll need a pedigree like that if your dream is to be an astronaut — unless you have north of $35M US, which Canada's one and only space tourist, Cirque du Soleil CEO Guy Laliberté, reportedly paid to visit the ISS for 10 days in 2009.



GRAPHICS: ANDRÉS PLANA/METRO

FINDINGS
Your week in science

HOLY HEALTHY
The secret to whole-body health may be in your knees. In a study of 74,000 American female nurses in JAMA Internal Medicine, those who attended religious services more than once per week were 33 per cent less likely to die during the 16-year follow-up period. Devotion may be linked to less smoking, social support and a sunny outlook.

SNEAKY ZIKA
The Zika virus blocks the action of defender proteins called interferons, which stop viruses from making copies of themselves. That leaves Zika free to multiply, wreaking havoc on developing brains.

SOUND SMART

DEFINITION
Albedo is a measure of how much light a surface reflects. Usually, it's the fraction of **shortwave radiation** (a.k.a., sunlight) that is reflected from the Earth's surface back up into space.

USE IT IN A SENTENCE
Luis's bald spot must have an extremely high **albedo**. It's reflecting almost 100 per cent of the light that hits it. It's blinding me!

CITIZEN SCIENTIST by Genna Buck

Is allergy research unethical?

UBC researchers fed allergic children peanuts in part to let parents practice using an Epi-Pen. Isn't that dangerous? — Heather, Vancouver

What you're describing is a food challenge — when, under a doctor or researcher's supervision, someone who has (or may have) an allergy is given a dose of the thing they're allergic to.

Researchers such as pediatric immunologist Mimi Tang, whom I spoke to last year, use challenges in clinical trials like the one she did to test an experimental treatment for peanut allergy.

All the children in the study were allergic to peanuts. Half were randomized to get the treatment, half a placebo. All were challenged with peanut protein. Allergic reactions, including potentially life-threatening anaphylaxis, were an expected outcome for many. It was a success: Almost all the children who got the therapy stopped being allergic. Still, it seems risky. I asked Tang: Aren't you playing with fire here?

"I'd like to play devil's advocate," she said. "Is it ethical to spend millions of dollars and the time of the people who are part of the study, to come out with a result that's not definitive?"

Food challenges are generally safe, she said, and like all research using human subjects, ethical approval is required. Nevertheless, they cause understandable anxiety for parents.

And there's always more room for ethical analysis in any field. According to a 2013 article in Allergy, Asthma, and Clinical Immunology, there are a "miniscule number" of ethics papers about allergy research. When I spoke to Tang in early 2015, she was working on a paper with a group of experts from the World Allergy Organization about ethics in children's allergy research — work that's been abandoned.

Science Question? Tweet @genna_buck

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by Jason Logan

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MOVIES MUSIC TELEVISION DIGITAL

Find out why they're so angry

ANGRY BIRDS

Those annoyed avians feel betrayed by their frenemies

Richard Crouse
For Metro Canada

Jason Sudeikis, who voices Red, is among the actors lending their vocal talents to The Angry Birds Movie. SONY PICTURES VIA AP

Are you among the 200 million people that play Angry Birds on your smartphone? If so you're in good company.

Angelina Jolie, Jack Black and Jon Hamm are fans and British Prime Minister David Cameron has admitted to being "mildly addicted" to the game. Since December 2009, folks have been flinging flocks of birds at pig's fortresses, downloading more than 3 billion versions of the app.

This weekend the Angry Birds game takes the next logical step, catapulting onto the big screen with their very own movie.

Jason Sudeikis, Josh Gad and Maya Rudolph star in The Angry Birds Movie, a story that tells us why the annoyed avians — like flock leader Red Bird, Bomb the Black Bird and Slingshot Stella the Cockatoo — are so angry.

Turns out they feel betrayed by the tittering piggies that pretend to be their friends but are really only interested in stealing their eggs. Cue the catapults and mountains of TNT.

It's a brand with a built-in audience, a combination Hollywood finds irresistible, and while it has colourful, easily marketed characters, the game itself doesn't offer much in the way of story. But that has never stopped producers before.

Remember Super Mario Bros? Siskel & Ebert gave that one two thumbs down and star Bob Hoskins, who played Mario, called it "the worst thing I ever did."

Despite brutal reviews and box office failure, Nintendo Power magazine praised the film, calling it a trailblazer in the genre of videogame movies.

Which leads us, 23 years after Mario and his brother Luigi stunk up movie theatres, to The Angry Birds Movie. Why is a game from a developer in Espoo, just outside Helsinki, Finland, popular enough to take flight as its own movie?

The success of Angry Birds has to do with something called schema formation, a five-dollar term for mentally grasping and embedding how the game's interface works the first time you play it.

The addictive part comes in as the action of the game changes. In Play at Work, engineer Charles L. Mauro explains the appeal.

"These little birds are packed with clever behaviours that expand the user's mental model at just the point when game-level complexity is increased."

The game's genius is in adding playing details at just the right moment to increase user engagement.

In other words, it's fun. I guess that's why gamers spend 200 million minutes a day flinging Angry Birds at various targets.

According to marketers AYTM, that's "equal to 16 years of gameplay every hour of every day." They also note that players have flung over 100 billion angry birds, a number equal to the amount of real birds on the planet. Those are the kind of statistics Hollywood can't ignore.

One person unlikely to pass the time with Angry Birds is U.S. communications surveillance whistleblower Edward Snowden. In 2014 he claimed the app was "leaky," and was vulnerable to the harvesting of information by outside groups.

Mikael Hed, CEO of Rovio Entertainment, the makers of Angry Birds, denied Snowden's claims.

"We do not collaborate, collude, or share data with spy agencies anywhere in the world," he said, which must have come as a relief to another of the game's biggest fans, former Vice President of the United States Dick Cheney, who, apparently, also enjoys hurling a bird or two in his spare time.

MOVIE RATINGS by Richard Crouse

The Nice Guys	★★★★
Angry Birds	★★★
High-Rise	★★★★
The Man Who Knew Infinity	★★★
Dark Horse	★★★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

INTERVIEW

High-Rise is equal parts anarchy and social commentary

How to describe High-Rise, the darkly funny film from director Ben Wheatley? Here goes; imagine the love child of Lord of the Flies and The Towering Inferno. An adaptation of J.G. Ballard's novel about class segregation in a luxury condo, High-Rise is chaotic and completely bonkers.

"There's material in here that is difficult and there's structure in here that's difficult but there's also fun," says Wheatley.

"There's anarchy and sex and dancing and music. I always like to think about it like those 40s and 50s Hollywood movies and what they used to look like. There'd be no contradiction in a cowboy movie stopping for someone to sing a song.

"You don't think about the pacing being really odd. The idea behind it was that those films were broken up into chunks. There's a variety to them that make them really enjoyable. That's what I was hoping for with this."

Wheatley says the story of social warfare in the closed environment of an apartment building is just as relevant now as it was when Ballard wrote it in 1975.

"Ballard used to describe it that he was standing by the side of the road waving that there is danger ahead. But when I reread it when I was 40, it's like, Crap, it's not a warning anymore. It's like it was taken from the newspaper. This is actually happening, which is kind of shocking but also kind of interesting."

Known for his uncompromising films like Kill List and Sightseers, movies that critic Sheila O'Malley described as "black comedy thrillers involving crime, murder" and notable for their "absence of a moral compass." The forty-four year old director is the cinematic spawn of mavericks like Nicolas Roeg, Ken Russell and John Boorman, British filmmakers who broke taboos in big budget movies like Don't Look Now, The Devils and Deliverance.

"That was the mainstream," he says. "When you dig into the BFI archive and look at the Jack Bond stuff and see the other end of the avant guard cinema that was being made at the same time, it was absolutely crazy. It's a real shame that has been lost. What also makes me chuckle is you see reviews saying that High-Rise is insane or incredibly experimental and you think, 'This film wouldn't have stood out as all that strange in the '70s.' It would have been a more conservative film of that period."

Today it's a little tougher to raise money to get challenging films like High-Rise made.

He says Hollywood-y or famous actors help, and to that end he signed Tom Hiddleston, Jeremy Irons and Mad Men's Elisabeth Moss to tell his outlandish tale.

"I like what (producer) Jeremy Thomas says about it. His whole career has been about smuggling weird into the mainstream and I think that's about right. It's a deal between you and the audience."

Part of that audience is Ballard's considerable fan base.

"The Ballardian website have interviewed us a few times and they seem to be convinced that we haven't totally pissed up the leg of the memory of J.G. Ballard. There was never any intention to rile those people. They are partly the reason we are able to do the film, they are the fan base. Why would you go out of your way to irritate people like that?"

RICHARD CROUSE/METRO

In The Nice Guys Russell Crowe is a debt collector 'with aspirations' and Ryan Gosling is a stumbling private detective. CONTRIBUTED

Crowe and Gosling nothing but Nice Guys

FILM FESTIVAL

Stars have an unlikely chemistry in Cannes comedy

The world got its first look at a hot new comedy duo last weekend in the unlikely teaming of actors Ryan Gosling and Russell Crowe at the Cannes Film Festival.

London, Ont.-born Gosling, 35, and New Zealander Crowe, 52, are both best known as dramatic actors, having come to Cannes previously in such serious films as Drive (Gosling) and L.A. Confidential (Crowe).

But they had an international press audience howling twice Sunday, first at the world premiere screening of their buddy comedy The Nice Guys and again later at the press conference. (The film opens soon worldwide, with a May 20 release set for North American theatres.)

Gosling's March Holland and Crowe's Jackson Healy are reluctant partners in the hunt for a missing girl in the movie, which is set in the disco-mad, dangerous and decaying Los Angeles of 1977 — the opening frames show the Hollywood sign falling apart.

Holland is a stumbling private detective and Healy is "a debt collector with aspirations," as Crowe described his role.

> **Russell gave the best explanation I've ever heard when he says, 'Chemistry? It's really quite simple. We just learned to listen to each other.**
> Writer/director Shane Black on chemistry

Whatever you call them, the two are great as a comedy duo, bantering, bickering and crashing through windows as if they've been schticking for years, although it's their first movie together.

Before the questions began, Crowe pretended to be a paparazzi photographer, snapping photos of Gosling and Angourie Rice, who pretended to be angry at Crowe's invasion of their privacy. Gosling and Crowe riffed about how they didn't really make The Nice Guys together. They said new digital cameras have a "chemistry" feature that writer/director Shane Black just clicked to make the magic happen.

"We have absolutely no connection whatsoever," Crowe said mischievously.

"Russell did all of his work from New Zealand!" Gosling interrupted.

"I was literally just on the phone!" Crowe agreed.

But seriously, folks, the two really do click together on screen. Black quoted something Crowe told him during the filming.

"Russell gave the best explanation I've ever heard when he says, 'Chemistry? It's really quite simple. We just learned to listen to each other.'"

Black certainly knows chemistry, having written the first Lethal Weapon film that brought Mel Gibson and Danny Glover together, and having written and directed Kiss Kiss Bang Bang, which memorably teamed Robert Downey Jr. and Val Kilmer.

Black is also willing to trust his actors to ad lib, if they choose to — and Gosling and Crowe took full advantage of that freedom. Said Crowe: "The great thing about Shane as a director is that although he took many years to write the script, he's not precious about it. . .

"He has the ability — and not everybody does — to just trust in the fact that we understand the spirit of what he intended . . . Shane is willing and enthusiastic about letting us explore things a little bit."

TORSTAR NEWS SERVICE

metro TRAVEL
Your essential daily news

Machu Picchu named world's top landmark in new TripAdvisor ranking

Cottage life made easier

It may be fun the first few days, but paddling around the lake can get boring. Theme nights will help time fly during your family vacation. ISTOCK

VACATION

How to keep the family occupied all summer long

Renting a house or cottage for a week or so with extended family or friends is an economical way to vacation while offering quality time with loved ones.

It's easy to fill your days with swimming, hikes, shopping and trips to local attractions, but there are also ways to have fun at home with themed game nights, dinners and parties.

Kristin Zerkle, 45, of Columbus, Ohio, said her family tries to involve all ages. Her parents have been vacationing with their six children in Hilton Head, South Carolina, for about 35 years. The group now includes 25 extended family members sharing one house.

Faced with dining out with a dozen or so small children, at-home theme nights became a more appealing alternative. Her family has had a luau, pirate night, Mexican fiesta and an Ohio State tailgate, where everyone would wear their Buckeye gear.

"Time has gone on and the challenges of having all those people together on a vacation change," Zerkle said, adding that themes had to evolve to appeal to kids as they grew up. The family's younger generation now ranges in age from 7 to 26, while her parents are in their 70s. "As the kids have gotten older we have tried to make it a little more adult. We've really stepped up our game," she said.

Her family last year marked her sister and brother-in-law's 25th anniversary with a wedding reception. They decorated with wedding bells and put inflatable swans and lanterns in the pool.

Her brother put together a playlist for the "White Wedding" theme night that included songs played at the couple's wedding reception in 1990. Zerkle brought a veil and T-shirts that looked like a wedding gown and tuxedo for the couple to wear. There was a toast and a first dance.

An earlier neon-themed dance party included decorating T-shirts, glow necklaces and black lights. Zerkle said involving everyone possible in the prep, planning and execution makes the theme nights a success.

THE ASSOCIATED PRESS

THEME NIGHTS

Here are a few ideas to keep everyone having fun:

- **Beach Olympics:** A flip-flop toss, water balloon toss and using a seashell to fill cups with water. Winners get plastic medals.
- **Neon night:** Decorate T-shirts with neon paint and bring glow necklaces and bracelets. A black light adds to a dance party.
- **Pirate "pub" crawl:** Hand out bandanas with a Jolly Roger pattern and souvenir cups. Turn each room of the house into a different "pub" serving kids' beverages.
- **"Parched Games":** A take on the Hunger Games series, a water balloon and squirt gun battle with the goal of capturing a hidden pirate flag without getting wet.
- **Luau:** Pack a floral shirt, wear plastic flower garlands and play ukulele music.
- **Tailgate party:** Dress in your favourite team's colours and serve tailgate food.

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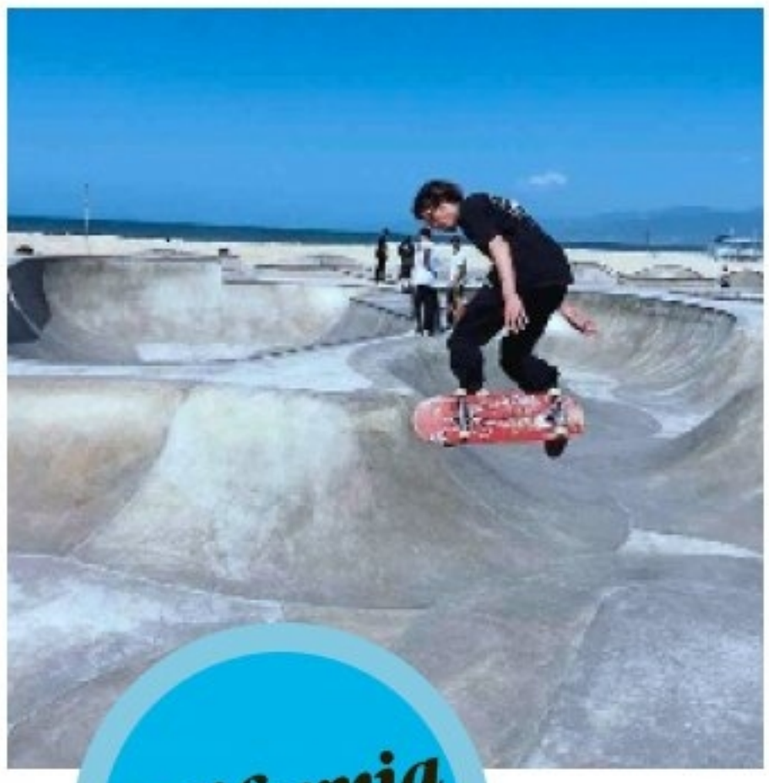

California 2 WAYS

LOS ANGELES

In a city known for excess, you can still be budget-friendly

Loren Christie
For Metro Canada

Don't let images of glitz and glamour fool you — Los Angeles offers numerous activities for those on a budget.

Keep your head down as you walk the Hollywood Walk of Fame searching for the names of your favourite celebrities emblazoned on one of the more than 2,500 five-pointed terrazzo and brass stars embedded into the sidewalks along Hollywood Boulevard and Vine Street.

Make sure to stop at the TCL Chinese Theater at 6925 Hollywood Blvd. The courtyard in front of the entrance is set with concrete blocks, which bear the hand and foot imprints and signatures of a select number of Hollywood A-listers.

Bike along the beaches. Rent a bike from the Santa Monica Bike Center for less than $30 a day if you present them with the discount promotion on Yelp.

There are 70 kilometres of beaches to explore, starting from the Santa Monica Pier and heading south. Gawk at the hard bodies working out at Muscle Beach, watch surfers and skateboarders do their thing against the backdrop of the Californian coast and drink in the alternative vibe of Venice Beach.

Perched on a hill overlooking the city, the Getty Center is not only an incredible art museum, but an architectural marvel and garden oasis.

Built from the fortune of oil magnate and art connoisseur J. Paul Getty, the Center is worth a half-day visit. The one-hour highlights collection tour was the best art tour I have ever been on.

The docent was knowledgeable and passionate, bringing to life the stories behind works of art from Rubens, Rembrandt, Manet and Van Gogh's Irises. Admission to the Getty is free.

Entrance to the Griffith Observatory is also free. A well-known Hollywood landmark since its movie debut in James Dean's Rebel Without a Cause, the observatory is worth a peek inside but the real draw is hiking the hills of surrounding Griffith Park. Bring water and snacks as you drink in superb views of the city and search out the perfect spot for a selfie with the iconic Hollywood sign.

Los Angeles is a sprawling city with limited public transportation and expensive taxis that are sometimes difficult to come by.

If you haven't downloaded Uber on your phone do it before you descend on the City of Angels.

The drivers are prompt and courteous and the fares are extremely reasonable. Every driver I had was eager to chat and provide tips on what to do, including some of the aforementioned free attractions.

A VACATION IN THE BIG CITY... OR JOURNEY THROUGH NATURE

Kathy Buckworth
For Metro Canada

When I looked at my itinerary for California it made me a little anxious. While we would be visiting Yosemite National Park and enjoying all it had to offer, we were staying in a series of remote cabins. Cabins that didn't include a fitness centre, and outdoor terrain that didn't include a running track. How on earth was I going to get my gym fitness fix in a setting like this? I needn't have worried. I got active, in the most natural way.

Hiking: Climbing to an elevation of 8,200 feet, and gazing out over Sentinel Dome onto Yosemite Falls, makes it more than worthwhile for the five miles of hiking a trail that alternates between muddy branch-filled trails, and spring snow. Over four million visitors to Yosemite National Park can't be wrong. The toughest stair climber I've been on.

Biking: Spin class has nothing on taking a bike through Yosemite down 12 miles of paved trails. There are hills to cycle, waterfalls to ride by, and heart-stopping glimpses of climbers on the sheer rock face of El Capitan.

Fly Fishing: Fly fishing appears to be a Zen and relaxing experience. This might be true if you are an experienced fisherman. But for me, hauling on hip waders and stepping into the Stanislaus River with its strong current, I found some new muscles.

The ones that stopped my boots from slipping on the river rocks, triceps and forearm as I repeatedly flicked the line into the water, and the quick dodging while trying to avoid shooting my (actual) fly and its associated hook into my face. I'm just as stressed out at yoga, myself.

Hill Running: At a 4,000-foot elevation, my breath was not only taken away by the gorgeous scenery at Evergreen Lodge but going for a hill run down and around the paths had me gasping for air long before I'd have felt it on the treadmill in my climate-controlled gym.

Kayaking: A real-life rowing machine. We paddled out from Pier 40 and kayaked under the Bay Bridge, and then back around AT&T Park in San Francisco Bay. Arm workout? My muscles say yes.

It was with some relief that I finished off at the Westin St. Francis in San Francisco, where I welcomed the relative ease of a 5k treadmill run. Fit it all in.

Kathy visited Tuolumne County, Mariposa County and San Francisco.

There are many scenic views of Yosemite Falls to capture. KATHY BUCKWORTH

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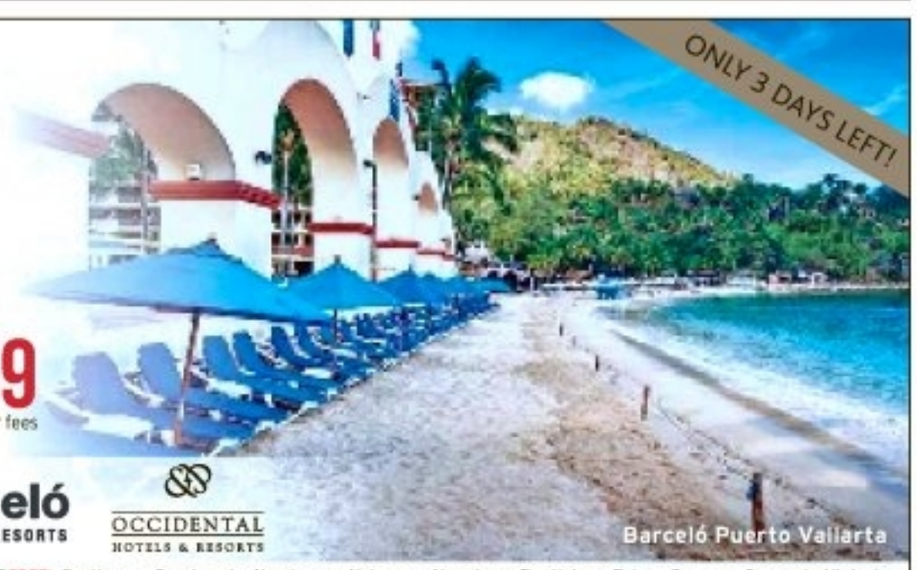

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metro SPORT

Presumed No. 1 NHL pick Auston Matthews scored in regulation and the shootout in Team USA's 2-1 win over Czech Republic at the worlds

Another blow in Ohio

RAPTORS
CLEVELAND LEADS 2-0

Cavaliers yet to face much resistance on march to Finals

Toronto Raptors' better effort Thursday still wasn't enough against LeBron James and his undefeated Cleveland Cavaliers.

James had a triple double with 23 points, 11 assists, and 11 rebounds to power the Cavaliers 108-89 past Toronto, sending the Raptors home trailing 2-0 in their Eastern Conference final debut.

The Cavs have yet to lose in 10 post-season games.

DeMar DeRozan topped Toronto with 22 points, while Terrence Ross, Cory Joseph and James Johnson chipped in with 11 points apiece. Raptors all-star guard Kyle Lowry, who was so solid down the stretch of the semifinal series against Miami, had a rough shooting night, en route to just 10 points on 4-for-14 shooting. He was just 1-for-8 from three-point range.

James' big night, meanwhile, propelled him past Shaquille O'Neal for fourth place on the all-time post-season scoring list.

GAME 2 In Cleveland

108	89

Coming off Tuesday's humiliating 115-84 loss in Game 1, Raptors coach Dwane Casey said the Raptors would have to "out-work and out-scrap" the Cavaliers. They did for the better part of a first half that saw the lead change hands 11 times.

But a woeful final three-and-a-half minutes of the first half proved lethal as Toronto missed nine straight shots to fall behind by 14. They would never make up that ground, and trailed the Cavs 86-69 with one quarter to play.

Cleveland couldn't miss down the stretch and when James threaded a bounce pass to Channing Frye with six minutes to play, the Cavs led by 18. A J.R. Smith three-pointer two minutes later had the home team up by 19, sending fans headed to the exits to beat the traffic.

While the Raptors won two-of-three games versus Cleveland in the regular season, the Cavaliers are the overwhelming favourites to win a series that Charles Barkley described as "guppies versus sharks."

The Quicken Loans Arena, painted in gold "All In" T-shirts, included New York Giants wide receiver Odell Beckham Jr., and six-time NBA MVP Kareem Abdul-Jabbar. THE CANADIAN PRESS

LeBron James defends against DeMar DeRozan on Thursday night at Quicken Loans Arena.
FRANK GUNN/THE CANADIAN PRESS

MLS

Kaka still on top of rich list

Kaka remains Major League Soccer's highest-paid player at just over $7 million, and American goalkeeper Tim Howard will earn slightly more than $2.5 million in his return to the league.

Kaka, the former AC Milan and Real Madrid star, is earning a base salary of $6.6 million from Orlando City, according to figures released Thursday by the MLS Players Union. Including a prorated share of compensation not specified to a specific year, his total earnings remain a league-record $7,167,500.

Toronto's Sebastian Giovinco, the league's 2015 MVP, has a $5.6 million base and total compensation of $7,115,556. U.S. national team captain Michael Bradley, in his third season with Toronto, has a $6 million base and $6.5 million total earnings.

Pedro Morales is Vancouver's highest-paid player with a salary of $1,258,900, making him on 23 MLS players to earn $1 million plus. THE ASSOCIATED PRESS

$6,565,603

Vancouver Whitecaps' total 2016 payroll is almost identical to Michael Bradley's salary at Toronto FC and is exceeded by both Kaka and Seba Giovinco.

THREE AND EASY SHARKS TAKE SERIES LEAD San Jose Sharks' Tomas Hertl, centre, celebrates his goal with Joe Pavelski and Joe Thornton as they won Game 3 of the Western Conference finals 3-0 against St. Louis Blues on Thursday to take a 2-1 series lead. MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

IN BRIEF

Muirfield sanctioned over no-women members vote

Muirfield will no longer be used as a host venue of the British Open after the Scottish club voted against admitting women as members. The Honourable Company of Edinburgh Golfers announced its decision to retain the club's male-only policy Thursday. The Royal and Ancient, which run the British Open, said Muirfield would no longer be considered as host.

THE ASSOCIATED PRESS

Porzingis and Towns are unanimous All-Rookie picks

Minnesota Timberwolves forward Karl-Anthony Towns and New York Knicks forward Kristaps Porzingis have been unanimously selected to the NBA All-Rookie first team.

Both players received all 130 first-team votes from a panel of sportswriters in the U.S. and Canada. Joining Towns and Porzingis were the Suns' Devin Booker, the Nuggets' Nikola Jokic and the 76ers' Jahlil Okafor.

THE ASSOCIATED PRESS

WORLD HOCKEY CHAMPIONSHIPS

Canada beat Swedes to get back on track

Canada kept its title defence alive at the world hockey championship with a 6-0 quarterfinal win over Sweden.

Mark Scheifele and Mark Stone each had a goal and two assists as the Canadians rebounded from a 4-0 shutout loss in their round-robin finale against Finland on Tuesday.

The Canadians, who finished second in Group B with a 6-1 record, got back to their winning ways against the Swedes, who had finished third in Group A.

Canada will face the United States in Saturday's semifinals.

Matt Dumba, Brad Marchand, Max Domi and Derick Brassard also scored for Canada, while Cam Talbot made 24 saves for his tournament-leading third shutout.

In earlier action on Thursday, Finland dispatched Denmark by a score of 5-1. In the late game in Moscow, Russia got two goals from Vadim Shipachyov in a 4-1 victory over Germany. THE CANADIAN PRESS

Flight of the navigators: Mariners rising on road

MLB

Seattle saving their best for unfriendly environments

Kyle Seager, left, and Robinson Cano of the Seattle Mariners and congratulate Adam Lind on his sixth-inning home run Thursday. MADDIE MEYER/GETTY IMAGES

It took until the middle of the May for the Baltimore Orioles to finally lose a series at home.

The team to end the streak? The Seattle Mariners, the best team in the AL at winning on the road.

Adam Lind broke open a close game with a three-run homer in the sixth inning, and Seattle rolled to a 7-2 victory on Thursday.

Leonys Martin also homered for the Mariners, who took two of three from Baltimore to improve to an AL-best 15-7 in away games and 6-0-1 in road series.

The Orioles were 6-0-1 in series at home before the Mariners (23-17) came to town.

"Yeah, they're doing really well," Baltimore designated hitter Mark Trumbo said of the AL West-leaders. "They're really hot, obviously. Their record shows that and they did all the little things that added up to a nice win for them."

Despite the loss, the Orioles are 24-15 and in a duel with Boston for first place in the AL East.

"Everybody's trying to seek their level right now," manager Buck Showalter said. "We're in the middle of May. Everybody's trying to figure out who they are, whether they're a dancer or someone who spins the records."

Pedro Alvarez and Adam Jones had RBIs for the Orioles, who have dropped three of four following a seven-game winning streak.

The Mariners were nursing a 2-1 lead when Robinson Cano led off the sixth with a double off Tyler Wilson (2-2). After Kyle Seager received an intentional walk, Lind hit an opposite-field drive that barely cleared the left-field wall.

"He was the story of the game," Seattle manager Scott Servais said. "We needed a big knock. He hit it in a good spot in the ballpark."

THE ASSOCIATED PRESS

THURSDAY In Baltimore

7	2
MARINERS	ORIOLES

IN BRIEF

Sale snags win No. 9

Chris Sale went the distance on a masterful four-hitter on Thursday night, becoming the first major league pitcher since 2008 to win his first nine starts, and the Chicago White Sox edged the Houston Astros 2-1 to snap their season-high four game losing streak.

Sale walked none and struck out a season-high nine en route to his second straight complete game. No other pitcher has more than seven victories in the big leagues this season.

THE ASSOCIATED PRESS

Spieth strong in Texas

Jordan Spieth finished off a 6-under 64 just before dark Thursday and was within a stroke of the lead when the first round of the AT&T Byron Nelson in Irving, Texas, was suspended.

Sergio Garcia, Danny Lee and Johnson Wagner all shot 63. Lee and Wagner, like Spieth, were just able to complete the round that started 2 1/2 hours late after early morning rain.

THE ASSOCIATED PRESS

Canada names 35 for summer rugby series

Veteran lock Jamie Cudmore headlines a 35-man Canadian rugby squad ahead of next month's home international series against Japan, Russia and Italy.

It's the first squad selection for Mark Anscombe, named head coach in March. The New Zealander has had to deal with injuries and players away with the national sevens team, which is taking part in an Olympic qualification repechage tournament in June.

Jamie Cudmore GETTY IMAGES

The 37-year-old Cudmore is one of 14 veterans from last fall's World Cup on the training camp squad. But World Cup captain Tyler Ardron, Jeff Hassler, DTH van de Merwe, Jebb Sinclair and Jason Marshall are among the injured. Players will begin assembling in camp on May 28 at Shawnigan Lake School on Vancouver Island.

THE CANADIAN PRESS

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RECIPE Easy Shrimp Tacos

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Kick off your weekend with tacos! The crema topping makes this simple recipe feel extra special.

Ready in
Prep time: 10 mintues
Cook time: 20 mintues

Ingredients
- 1 lb peeled, deveined shrimp
- 1 Tbsp olive oil
- 3 cloves of garlic, minced
- 1 tsp cumin
- 1/2 tsp chili powder
- 1/4 tsp salt
- 8 tortillas
- 3 Tbsp lime juice
- 1/4 head of red cabbage
- 2 Tbsp lime juice
- 4 Tbsp sour cream
- 2 Tbsp lime juice
- A good pinch of salt
- Sliced radishes, avocado

Directions

1. Peel and devein shrimp and rinse under cold water. In a shallow bowl, mix oil, garlic, cumin, chili, salt and shrimp. Refrigerate for 15 minutes. Preheat oven 200 degrees. Wrap tortillas in damp paper towel, place in oven.

2. Slice the cabbage and pull into strands. Toss in a bowl with 3 Tbsp lime juice, olive oil and salt to taste. Set aside. In a bowl, mix sour cream, 2 Tbsp lime juice and a pinch of salt to make a crema. Set aside.

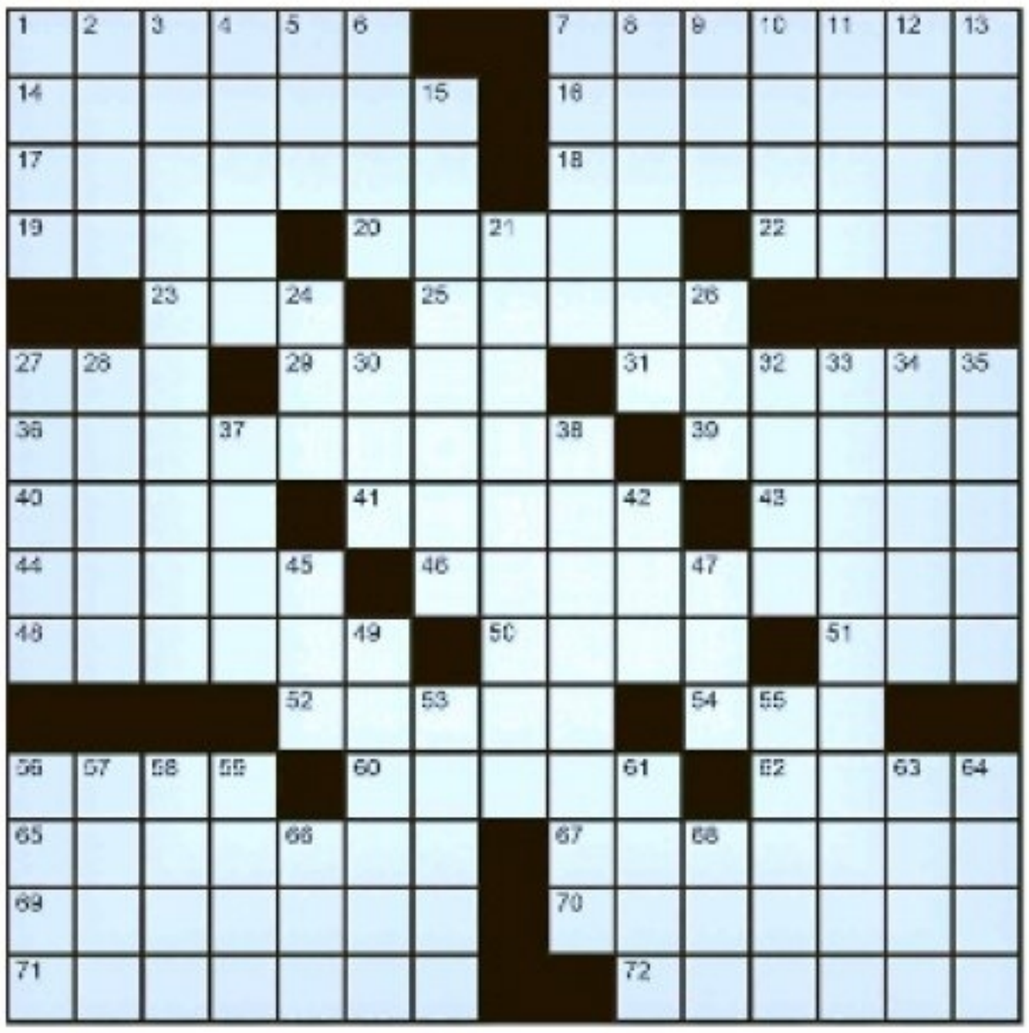
3. Heat a skillet to high, add a little olive oil. Add half of the shrimp. Cook until you can see pink come up around the edge. Flip them over and cook until shrimp are pink and opaque. Repeat with second batch.

4. Place shrimp, crema, tortillas, cilantro, salsa, radishes and avocado on the table and let people build their own tacos.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Untagged, like a baseball player: 2 wds.
7. Newfoundland's nickname: 2 wds.
14. Cleansing
16. Danish cheese
17. 1898... "O Sole Mio": Composer, __ di Capua - Lyrics, Giovanni Capurro
18. Get tangled
19. 'Great' suffix
20. 'Murdered' mythologically
22. As well
23. Mil. rank
25. British band, when doubled
27. Blackboards bldg.
29. Bankruptcy reason
31. Nigel Lythgoe's show, commonly
36. Ontario town between Sault Ste. Marie and Sudbury
39. Documentarian Michael
40. Singer Ms. Coolidge
41. Pompous
43. Penitent person
44. Prefix to 'violet'
46. Tragically Hip's "Courage (for Hugh __)"
48. Fredericton-born soprano Ms. Brueggergosman
50. D'Urbervilles heroine
51. Baseball execs
52. Parsley bit
54. Identify
56. Slams
60. Happen again
62. Mozart opera, __ Fan Tutte
65. Quickly dons an outfit: 2 wds.
67. Shows age, as old newspaper clippings
69. Prince __ (comic strip)
70. Marriage counselling attendees
71. Procedure
72. Swimsuits brand

DOWN
1. Undecided
2. Hosiery shade
3. Tomato-topped toasted appetizer
4. Audibly amazed
5. Knight's title
6. Finishes
7. Particular pronoun
8. Surnamesakes of "The Flintstones" co-creator
9. Pearl Jam frontman ...his initials-sharers
10. __ campaign (Sought political office)
11. __ Roberts University, in Oklahoma
12. Middles, mini-ly
13. Li'l metric weight
15. Star of "The Fly", Jeff __
21. 1992 R.E.M. album: '__ for the People'
24. 'Green Chair' Canadian banks, commonly
26. 'Pseudo' suffix
27. Play guitar in a way
28. South American country
30. Take in the takeout
32. Natalie Imbruglia hit
33. What the Canadian actor at #38-Down's last name means: 2 wds.
34. Coffee go-with
35. Actress Laura's
37. Viral outbreak in 2002/2003 headlines
38. New action comedy starring Ryan Gosling, "The __ __" (2016)
42. 2015-retired late night host ...his initials-sharers
45. Understanding utterances
47. Ouest's opposite
49. Cooks splash protectors
53. Pays a landlord
55. "I haven't __ __." (Duh)
56. Invitation letters
57. Wing-like
58. Alberta village southeast of Calgary
59. __ and Span (Household cleanser)
61. Sales jobs, commonly
63. Stockholm, __.
64. "This __ __ sudden!"
66. Encl. to an editor
68. Prune

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Your daily pace will accelerate in the next four weeks. Expect a busy schedule with short trips, errands, conversations with everyone plus increased reading, writing and studying.

Taurus April 21 - May 21
You are the financial wizard of the zodiac; in the next month, you will focus on your finances more than usual. Perhaps you'll see ways to boost your income.

Gemini May 22 - June 21
Today the Sun moves into your sign to stay for the next four weeks, boosting your energy and attracting people and favorable circumstances to you. Happy birthday month!

Cancer June 22 - July 23
Lie low for the next month and plan what you want your new year (birthday to birthday) to be all about. Plan some goals with deadlines.

Leo July 24 - Aug. 23
In the month ahead, you are in for a popular stretch! Enjoy warm friendships. Join clubs, groups and associations, because interaction with others will benefit you.

Virgo Aug. 24 - Sept. 23
You will look fabulous in the eyes of others in the next four weeks, even if you don't do anything special. Take advantage of this time to promote your pet project.

Libra Sept. 24 - Oct. 23
Travel if you can in the next four weeks because you want to get outta Dodge. If you can't travel, be a tourist in your own city.

Scorpio Oct. 24 - Nov. 22
You will be passionate and intense in the month ahead. Intimate relationships will be hot! Ex-partners are also back on the scene right now. Oops.

Sagittarius Nov. 23 - Dec. 21
Try to get more sleep in the next four weeks because you will be more tired than usual. Study your closest relationships to see how you can improve them.

Capricorn Dec. 22 - Jan. 20
In the month ahead, you will be focused on improving your health as well as improving your overall efficiency and productivity at work and at home. Time to turn over a new leaf.

Aquarius Jan. 21 - Feb. 19
You want to play and go on vacation if you can in the month ahead. Romance, love affairs, sports events and social affairs will bring you joy.

Pisces
Feb. 20 - March 20
Home, family and your personal life will be your top priorities in the next four weeks. An interaction with a parent could be significant.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

9		3	6					
		1		8				
					1		4	5
1					8	3		9
7		4	5					2
8	7		4					
				9		6		
					3	7		8

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Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

1	3	7	5	2	8	9	4	6
9	5	4	3	7	6	2	8	1
8	2	6	1	9	4	5	7	3
4	9	3	2	5	1	7	6	8
2	7	1	6	8	3	4	9	5
5	6	8	7	4	9	3	1	2
3	1	2	4	6	7	8	5	9
6	4	9	8	3	5	1	2	7
7	8	5	9	1	2	6	3	4

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